



Sacred Heart Catholic Primary School

PE Curriculum Progression

Years 1 - 3



Skills progression	Year 1	Year 2	Year 3
Autumn 1 – multi skills	<p>To explore static balancing and understand the concept of bases.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To time running to stop or intercept the path of a ball</p> <p>To travel in different ways, (side to side, up and down) showing clear transitions between movements.</p> <p>To practise ABC (agility, balance and co-ordination)</p>	<p>Learn about a stable base and losing balance.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>Know how to throw a ball at the right speed and strength.</p> <p>To travel in different ways, showing clear transitions between movements</p> <p>Explore different ways of twisting and turning.</p> <p>To use skills learned in a game.</p>	<p>Change the centre of balance to different parts of the body</p> <p>Use hand-eye co-ordination to keep control of an object.</p> <p>To demonstrate agility by being able to twist and turn and change direction.</p> <p>To observe and be aware of others' speed and try to match it.</p> <p>Use hand-eye co-ordination to balance, carry and travel with an object.</p>
Autumn 1 – dance	<p>To change direction during travelling moves.</p> <p>To link travelling moves that change direction and level.</p> <p>Develop gestures and ways of travelling.</p> <p>Understand beats in the music.</p> <p>Dance to beats of four or eight.</p> <p>Perform dance moves that flow smoothly from one to the next.</p>	<p>To explore different levels and speeds of movement.</p> <p>Explore performing actions in response to stimuli. Explore ideas by experimenting with actions, dynamics, directions and levels</p> <p>To show contrasts in simple dances with good body shape and position.</p> <p>Link contrasting movements together to make a short dance sequence</p> <p>To work to music, creating movements that show rhythm and control.</p>	<p>Count beats and change direction while dancing.</p> <p>Keep count and tempo while dancing.</p> <p>Develop dance steps with clarity and rhythm, using own ideas.</p> <p>Maintain a consistent tempo throughout the dance, using counting.</p> <p>Learn how to work co-operatively with others to create a new dance.</p> <p>Tell a story using gestures and step patterns with fluency.</p>
Autumn 2 – gymnastics	<p>Travel in different directions at different speeds and levels.</p> <p>Link three moves together while travelling, aiming to change level, speed and direction.</p> <p>Link isolated moves and shapes when travelling.</p> <p>Explore rolling movements as a way of travelling.</p> <p>Explore travelling to move along, over, around onto and off a bench.</p> <p>Travel with a focus on changing direction and level, using small equipment.</p>	<p>To remember and repeat simple gymnastic actions with control.</p> <p>Learn to perform balances and movements, and combine them into a routine.</p> <p>To balance on isolated parts of the body using the floor and hold balance</p> <p>Link balances with other travelling moves, moving smoothly into and out of the balances.</p> <p>Safely use benches and mats to develop sequences.</p> <p>Work with a partner to create a sequence of gymnastic actions.</p> <p>Use benches and mats to explore balances on different levels.</p>	<p>Be able to jump with a stable, safe landing.</p> <p>To explore jumping techniques and to link them with other gymnastic actions.</p> <p>Be able to land safely when jumping from a bench.</p> <p>Use other skills learned to vary jumps.</p> <p>Link jumps into sequences.</p> <p>Use the skills learned to work as a group to create complex shapes at different levels.</p> <p>Use a different stimulus to create a sequence</p> <p>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.</p>
Autumn 2 – bootcamp	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To understand what happens to the heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>Experience some of the changes that occur during exercise.</p>

	<p>based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. Develop agility and co-ordination. Perform simple patterns of movement.</p>	<p>Develop agility and co-ordination. Perform simple patterns of movement.</p>	<p>Raise heart rate. Develop agility and co-ordination. Perform simple patterns of movement.</p>
<p>Spring 1 – skip to the beat</p>	<p>Learn how to hop – same foot to same foot. Learn how to jump – two feet to two feet. Be able to do these two activities on the move. Develop the ‘step hop’ technique for a good skip without a rope. Explore the action of skipping at a low level. Learn how to skip with a rope. Explore different ways of skipping. Perform a skipping circuit with knowledge and understanding.</p>	<p>Consolidate skipping techniques. Raise the heart rate in order to improve personal fitness Hop consistently. Jump with control. Skip with good technique. Improve awareness of where the rope is when skipping. Improve control of the rope and running skip technique. To skip with control and balance.</p>	<p>Explore different ways of skipping. Practise techniques learned in previous years. Observe and comment on others’ performance. Be aware of safety aspects concerned with skipping. Participate in large rope skipping. Develop large rope skipping technique. Skip with a partner. Compose a sequence of skipping moves. Perform skipping moves in a routine. Perform large rope skipping with good technique and to songs or rhymes.</p>
<p>Spring 1 – gymfit circuits</p>	<p>Develop balance, agility and co-ordination. Perform using simple movement patterns The children will master basic movements, as well as developing balance, agility and co-ordination. To perform a sequence of gymnastic moves within a circuit. To evaluate my performance of gymnastic moves within a circuit.</p>	<p>To identify techniques to improve balance The children will master basic movements, as well as developing balance, agility and co-ordination To perform a range of gymnastic skills with increased accuracy.</p>	<p>To identify techniques to improve balance To practise a range of gymnastic skills through a series of circuits. To perform a range of gymnastic skills with increased accuracy. To perform a sequence of gymnastic moves within a circuit. To evaluate my performance of gymnastic moves within a circuit.</p>
<p>Spring 2 – running (mighty movers)</p>	<p>To explore running at a variety of speeds and in a variety of styles Understand what happens to our breathing during exercise, and why it changes. To run at different speeds and in different directions with control. To understand the purpose of a circuit and how it can improve fitness Understand the importance of using the arms when running</p>	<p>To run efficiently using the arms. To demonstrate running with balance and co-ordination. Run for one minute without stopping. Learn some of the changes that happen to the body during exercise Develop running technique with good balance and co-ordination</p>	<p>Demonstrate good use of arms when running at different speeds. Analyse others’ running technique and suggest ways of improving. To work as a team in a running situation Learn how to hand over in an efficient manner. Understand the reason for warming up. To understand the value of a running-based circuit and the impact it can have on health. To improve fitness by raising the heart rate.</p>
<p>Spring 2 – core strength</p>	<p>Learn how to control breathing. Learn how to support body weight Understand what core and agility are, and why they are important. Perform a movement that demonstrates good</p>	<p>Learn how to maintain a good bridge using core strength. Use arms effectively when running. Improve plank technique. Maintain a wheelbarrow walk for longer period of time, using core strength. Perform a small crunch and</p>	<p>To improve core strength and agility, and understand why they are important. Learn techniques for moves that are similar to those used in Pilates. Be able to link agility and core strength activities together in an appropriate way. Be able to perform core strength moves</p>

	<p>core control. Learn the technique for the plank, front support and back support. Be able to use the core to maintain balance when running. Support body weight on the hands using the core muscles to keep balanced. Perform a wheelbarrow with a partner, with control. Walk demonstrating good posture and balance. Develop more complex footwork patterns on the SAQ ladders. Use techniques already learned to improve performance</p>	<p>understand what it does Perform a squat and diagonal body twist, and understand why they are valuable exercises to do. Transfer weight from one foot to two feet. Jump with accuracy using core strength to maintain balance.</p>	<p>with accuracy. Understand how hula hooping helps to improve core strength.</p>
Summer 1 – athletics	<p>Know how to travel in different ways. Be able to change from fast to slow. Know how to hop, and how to hop, travel and land safely on two feet Know how to throw safely. Throw in a variety of ways. Decide which throwing method is best for distance. Run with good balance and co-ordination. Know how to jump from two feet. To complete an obstacle course with control and agility</p>	<p>Run with a change of speed. Change direction when running, while maintaining balance. Use arms when jumping. Jump with balance and fluency. Know how to throw safely. Know how to throw for distance. To hurdle an obstacle and maintain effective running style. Know the difference between running for speed and running for distance. To complete an obstacle course with control and agility.</p>	<p>Look up when running. Run at different speeds. Change direction. Know how to throw in a variety of ways. Use legs as well as arms when throwing. Know how to perform a standing long jump, understanding the rules. To understand the relay and passing the baton Know which techniques to use for long-distance running and which to use for short-distance running. Know how to start a race correctly</p>
Summer 1 – ball skills	<p>To master basic sending and receiving techniques. To develop balance, agility and co-ordination. Understand the overarm throwing technique. Understand when to use an underarm throw. To develop receiving skills To use ball skills in game-based activities.</p>	<p>To use hand-eye co-ordination to control a ball. Move a ball using hands and feet. Know how to catch different objects. Target the receiver’s hands when throwing. Watch the ball or object when trying to catch it. Know how to throw overarm, underarm and bounce pass. Understand techniques for dribbling and passing a football. Pass with accuracy. Dribble with control. Catch the ball at different heights. Move with the ball, using hands.</p>	<p>Dribble a ball with greater control. Roll or throw a ball at a target with accuracy. Develop the ability to control a ball while moving, throwing and catching it. Anticipate the ball and have the hands ready to catch. Stop the ball in the hands without fumbling. Be ready to react quickly once the ball has been caught. Develop the underarm throwing technique and introduce the overarm throw To throw and hit a ball in different ways (e.g. high, low, fast or slow). To apply skills and tactics in small-sided games.</p>
Summer 2 – fitness frenzy	<p>Develop agility and co-ordination. Perform simple patterns of movement. Understand the importance of using the arms when running. Run quickly in a relay activity,</p>	<p>Develop agility and co-ordination. Perform simple patterns of movement. To understand the purpose of a circuit and how it can improve fitness. To skip with control and balance</p>	<p>To demonstrate the correct technique for activities. Develop agility and co-ordination. Perform simple patterns of movement. Use the correct running technique to complete a circuit. Perform rope and non-rope skipping</p>

	<p>aiming to improve speed. Perform a skipping circuit with knowledge and understanding. Use techniques already learned to improve performance.</p>	<p>To evaluate my performance of gymnastic moves within a circuit. To improve core strength, balance and agility.</p>	<p>with good technique and to songs or rhymes. To evaluate my performance of gymnastic moves within a circuit. To improve core strength and agility, and understand why they are important.</p>
<p>Summer 2-throwing and catching</p>	<p>Control a ball using hands. Understand the correct technique for catching. Consolidate and practise throwing a ball underarm. Explore striking balls of different sizes using their hands and equipment. Throw and catch a ball to self and a partner. To know how to stop and retrieve a ball To use throwing and catching skills in a game. Know how to make contact with a ball using different bats or rackets. Use striking skills to play a game. To play a game fairly and in a sporting manner. To use fielding skills to play a game.</p>	<p>Know how to throw a ball underarm with accuracy Know the correct technique for striking a ball from a tee. Receive and return a ball Know the best technique for catching. Know the overarm throw technique and when to use it. Aim for accurate throwing and consistent catching and striking To know the tactics and skills to use in order to win a game.</p>	<p>To consolidate and develop a range of skills in striking and fielding. To develop and investigate different ways of throwing and to know when it is appropriate to use them. Know techniques for accurate overarm and underarm throwing Catch with cushioned hands. To practise the correct batting technique and use it in a game situation Retrieve the ball effectively. To strike the ball for distance. Use skills learned in a game situation</p>